Sunkist Bulletin

Food Lesson Number 6
(1933 Series)

SCHOOL AND HOME PARTIES

PARTIES AND PARTY REFRESHMENTS. It's fun to give a party—to plan decorations, games and refreshments. The ability to provide a truly enjoyable occasion for guests is a social asset that food class members may very well develop through the study and the actual giving, of school and home parties.

Parties need not be elaborate or expensive to be enjoyable. Simple parties are, in fact, the smartest this year, and are always in good taste. Refreshments in particular may be novel and delicious, although inexpensive and easy to prepare. On their excellence depends much of the success of the entertainment. Special thought, therefore, should be given to each detail.

PARTY MENUS. The first step is to plan a menu in keeping with the type of entertainment; the season (appropriate colors and decorations for such holidays as Hallowe'en, St. Valentine's Day, Thanksgiving, etc.); preference of guests; and age of guests (children require simpler foods).*

In addition, foods chosen should be healthful, as well as appetizing combinations. For these "good-and-good-for-you" menus, simpler dishes are again best.

With the menu in mind, make a marketing list, first seeing what foods are on hand and what foods must be purchased. Work out carefully for exact quantities necessary, the list of foods to purchase, so that there will be no waste. In buying choose best grades, know good values, and avoid doubtful bargains.

Write out a plan for order of work in preparing foods; getting dishes, linen and silver ready; arranging table, including decorations; and finally for serving foods. Such planning promotes efficiency in the actual work of preparing and serving the menu. Keep these lists as working models for future parties.

Also keep a file of dependable party recipes and menus that have proved popular with guests. Often a basic recipe, for example, a simple cake, may be varied for many special occasions.

Orange Jack O'Lanterns are novel Hallowe'en refreshments

* (See page 2 for Entertainment and Party Menu Suggestions.)

ENTERTAINMENT AND PARTY MENU SUGGESTIONS

School Party:
Fruit Punch for a Crowd; Wafers or Orange Petits Fours (iced and decorated in school or class colors, decorations showing class year, athletic symbol, etc.).

School Banquet:
Appetizer Fruit Cup (see Fruit Salad Mixture); Mock Chicken Legs; Mashed Potato Rosettes (use pastry tube); Vegetable (in season); Green Salad; Hot Rolls and Butter; Ice Cream (in paper cups); Cake.

Hallowe'en:
Orange Jack O'Lanterns; Moonbeam Cakes (Orange Petits Fours with orange-colored icing, decorated with chocolate); Black Cat Punch (cocoa).

Old-Fashioned Taffy Pull:
Lemon Taffy (pulled by guests).

Valentine:
Heart Cakes (Orange Petits Fours in heart shapes, iced with pink); Strawberry Ice Cream.

St. Patrick's Day:
Shamrock Cakes (white-frosted Orange Petits Fours decorated with green shamrocks); Lemon Sherbet (tint with green vegetable coloring).

Picnic:
Meat Loaf or Hot Baked Beans; Potato Salad; Lettuce; Sandwiches; Fruit (oranges, bananas); Cake; Fruit Punch for a Crowd.

FRUIT SALAD MIXTURE *(Serves 20-36)*

1 quart orange pieces
1 quart diced pineapple
Sugar
3 cups sliced bananas
3 cups diced apples (or peaches, pears, apricots, berries, cherries, grapes)

Mix fruits, sweetening to taste. Chill and serve as:

Appetizer Fruit Cup: ⅓ to ½ cup portions in cocktail glasses.

Fruit Salad: ½ to ¾ cup portions on lettuce-covered salad plates, with any desired dressing.

Dessert: ¾ cup portions in sherbet glasses or orange rind baskets. Top, if desired, with scoop of Orange or Lemon Sherbet.

Orange Jack O'Lanterns (see illustration on first page): For pineapple, substitute a second quart of orange pieces (to provide orange shells). Serve in orange shells on which goblin faces have been drawn with India ink. Cut tops from fruit, remove orange pulp, fill shells and return tops. Pin on witch's cap and ruff of black crepe paper.

CANDIED ORANGE OR LEMON PEEL

Remove peel from 3 oranges (or 4 lemons) in quarters. Cover with water to which 1 teaspoon salt has been added. Boil 30 minutes. Drain. Boil in fresh water until tender, about ½ hour longer. Drain. Bring 1 cup sugar and ½ cup water to boil. Add peel. Boil gently until syrup is nearly absorbed. Drain. Roll in sugar. Cut with scissors into strips for serving.

Variations: Roll peel in colored sugar. Or tint peel with red or green vegetable coloring in syrup. Or, if desired, coat strips with melted dipping chocolate.

Especially Suitable Served For:
Confections for special refreshments with tea, etc.
Pack in box for Christmas or other gifts
Cut peel in bits and use in cooking to flavor cakes, pies, puddings, breads, frostings

LEMON TAFFY

Mix well: ¼ cup lemon juice, ¾ cup water, 2 tablespoons butter, 2 cups sugar. Bring to boil. Cook to a very firm ball (290° to 300° F.). Pour onto buttered plate. When cool enough to handle, pull until white. Draw out into long narrow strip and cut in pieces. If desired, add 1 teaspoon vanilla just before pulling.

Especially Suitable Served For:
Confection for party refreshments

LEMON WITH TEA

Tea service should include a plate of lemon slices and quarters, cut from unpeeled fruit. Insert cloves, if desired. Other citrus fruit tea accompaniments include: marmalades, lump sugar rubbed over orange or lemon rind to absorb the flavoring oil, Candied Orange Peel.

FRUIT PUNCH FOR A CROWD

(Makes about 4 gallons—60 large glasses, 120 small. Half or quarter recipe to serve a smaller group.)

- 2 quarts sugar
- 2 quarts tea infusion (8 cups boiling water poured over 5 tablespoons tea)
- 1 quart lemon juice
- 1 quart orange juice
- 1 quart grape juice
- 1 quart grated pineapple
- 2½ gallons iced water
- 3 cups orange and banana (or strawberry) slices for garnish

Dissolve sugar in hot tea. Cool. Combine all ingredients.

Especially Suitable Served For:

Party or picnic refreshments

ORANGE SPONGE CAKE *(Makes 1 small loaf cake)*

- 2 egg yolks, beaten
- ¼ cup orange juice
- 1 tablespoon lemon juice
- ¾ cup sugar
- ¼ teaspoon grated orange rind
- 2 egg whites, stiffly beaten
- 1 cup flour, sifted with
- ¼ teaspoon soda

Beat well: egg yolk, fruit juices, sugar and rind. Add egg whites; fold in flour and soda. Bake in small loaf pan in moderate oven (325° F.) 35 to 40 minutes. Ice with Orange Butter Icing.

Orange Petits Fours: Bake in shallow pan, 325° F. for 20 minutes. Cut in small rectangles or any fancy shapes. Frost with any plain icing or Orange Butter Icing. Decorate with Orange Butter Icing, tinted with vegetable coloring and put through pastry bag.

ORANGE BUTTER ICING

Cream together thoroughly: 3 tablespoons butter, 2 cups powdered sugar, 2 tablespoons orange juice, 2 tablespoons lemon juice, 1 teaspoon grated orange rind. Use more juice or sugar as needed for proper consistency.

Especially Suitable Served For:

Dinner or luncheon dessert
Special refreshments *(See Entertainment and Party Menu Suggestions)*

LEMON SHERBET *(Makes 2 quarts)*

- 1 quart milk
- 2½ cups sugar
- ¾ cup lemon juice
- 2 egg whites

Combine milk and sugar and freeze to a mush. Add lemon juice and stiffly beaten egg white. Freeze until stiff. Take out dasher, pack in ice and salt, and let stand 1 hour before using.

ORANGE SHERBET *(Makes about 1½ quarts)*

- 2 cups sugar
- 3 cups water
- 2 cups orange juice
- ½ cup lemon juice
- 2 egg whites, stiffly beaten

Boil sugar and water 10 minutes. Cool. Add fruit juices. Freeze to a mush. Add stiffly beaten egg white. Finish freezing. Can be frozen in automatic refrigerator with rapid freezing unit. This ice may be served in orange shells.

Especially Suitable Served For:

Dinner or luncheon dessert
To top a fruit cocktail
Meat accompaniment
Special refreshments for all types of entertainments

All recipes have been tested by a distinguished HOME ECONOMICS TEACHER.

CITRUS FRUITS GOOD PARTY FOODS. Fruits belong to the class of foods that are both appetizing and healthful and oranges, lemons and grapefruit fit ideally into special refreshments. The natural sugars and acids of these fruits give them a flavor popular with all. The translucent meat and the clean, waxy gold and yellow skins, distinctive of California-grown fruit, furnishes a pleasing decorative note.

These fruits lend themselves especially well to the beverages, cocktails, salads, desserts and confections most popular as special refreshments. In addition to fruit sugar they also supply minerals and alkaline salts not found in refined sweets. Served in simple fresh fruit combinations, the citrus fruits are an important source of the vitamins, particularly vitamin C.

SUGGESTIONS FOR QUANTITY SERVING. Special refreshments often involve quantity serving, which makes the following table helpful:

	Amount	Servings
Lemonade	½ to 1 lemon (depending on size)	1
Orangeade	1 to 3 oranges (depending on size)	1
Fruit Punch	1 quart (in small punch glasses)	8 to 12
Tea	⅜ cup tea with 4½ quarts water	24
Coffee	2 cups coffee with 1 gallon water	24
Lemon for Tea or Garnish	1 large lemon (1 slice to a serving)	6 to 10
Orange for Garnish	1 orange (1 slice to a serving)	6 to 12
Candied Peel with Tea	1 pound	12
Main Course Salads	4½ quarts (¾ cup to a serving)	24
Other Salad Courses	4½ quarts (½ cup to a serving)	36
Fruit Cocktail or Cup	3 quarts (⅓ to ½ cup to a serving)	24 to 36
Mayonnaise or Cooked Dressing	1 pint	20 to 30
French Dressing	1 pint	16 to 20
Bread and Butter	1 pound sandwich loaf; ½ pound creamed butter (makes sandwiches)	16 to 18
Lemon Butter	1 tablespoon lemon juice creamed with ½ pound butter (for egg, meat, fish sandwich fillings, spreads sandwiches)	16 to 18
Orange Marmalade or Any Jelly	1 average jelly glass (spreads sandwiches)	10 to 12

QUESTIONS FOR REVIEW

What conditions should party refreshments fulfill? Give some suggestions for planning and preparing party menus.

Name a number of party refreshments in which citrus fruits may be used. Why are these fruits good in party dishes?

Plan a school party menu to cost not more than 15 cents a person. Outline plan for serving this in buffet fashion.

SUGGESTIONS TO THE TEACHER

Have pupils plan a number of original party menus for different occasions, including in each at least one dish made with citrus fruits. A price limit may be made for cost of refreshments. Choose one of best menus and have class give a party, serving it.

An interesting project is to have pupils demonstrate the serving of a party menu, using school companions, mothers or fathers as guests and reporting to other class groups the results, costs and experience gained.

A helpful demonstration is one given by some of the most skillful students on best methods of peeling and segmenting citrus fruits, obtaining grated rind, preparing attractive servings of all types, for example, lemon slices for tea or garnishes for other foods.

OFFER OF MATERIAL

For further information and recipes, send for a free copy of Sunkist Recipe Booklet to:

Educational Department
California Fruit Growers Exchange
Box 530, Station C
Los Angeles, California
(Printed in U. S. A.)